

30 DAY GOURMET

the leader in freezer cooking



Flatbread Pizza

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COOKS' CORNER

Entrees - Poultry - Cheesy Chicken Tortellini Bake
Oct 02, 2010
(comment) Sounds yummy!...
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Cooking Story Contest - Freezing for the Elderly
Oct 02, 2010
(comment) My father is 86 and widowed. He doesn't cook. When I finally got him to admit that he was living on take out...
[Read the full thread...](#)

Cooking Story Contest - Freezing for the Elderly
Sep 21, 2010
(comment) Wow...sounds like a great business concept! Either you or they can do the shopping....and you do all the fixi...
[Read the full thread...](#)

[Free Cooks' Corner RSS Feed](#)

What's New...

Read the August 2010 edition of Chewin' the News!

Welcome to 30 Day Gourmet!



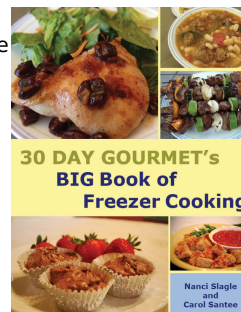
NEW COOKBOOK - **30 Day Gourmet's BIG Book of Freezer Cooking**

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1 for \$19.95. 2-9 copies are \$16.95 each. 10 or more are \$14.95 each.

NEW BOOK INCLUDES:

- 150 Delicious Recipes
- Nutritional Analysis for all Recipes
- Color Photos of all Recipes
- Updated, Time-Saving Worksheets
- Step-by-Step Instructions
- Freezing Information



Check out the table of contents and recipe list [here](#). [Order now](#) and start saving time and money!



We're here to help busy cooks figure out that "dinner thing". Need a crash course in freezer cooking? Visit our "[3 Easy Steps to Freezer Cooking](#)". Looking for freezer recipes? Check out our "[Recipes](#)" section. Want to order your own copy of [30 Day Gourmet's BIG Book of Freezer Cooking](#)? Go to our [Shopping Cart](#) and shop away! Want to sign up for our free monthly e-Newsletter? Stop by our Newsletter section and feel free to browse our archives while you're there. Thanks for stopping by! [E-mail me](#) if you need anything! -- Nanci

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